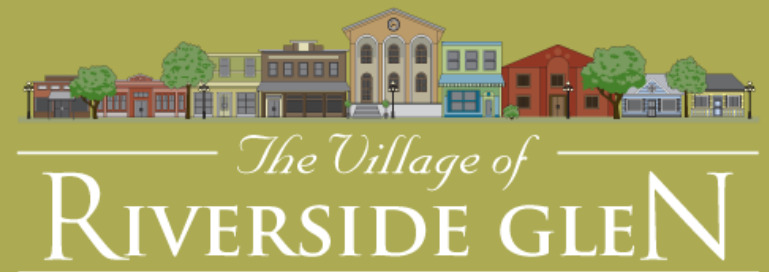




October 2024

Nichol Neighbourhood



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|--|--|
| <p align="center">Neighbourhood Coordinator: Angela G</p> <p align="center">Recreation: Jaspreet & Stephanie</p> | | <p>1 Bookmobile 3-4</p> <p>8:30 Breakfast 10:00 Neighbourhood Time 11:00 Move and Groove 12:00 Lunch 2:00 For the Fun of Fit 5:00 Dinner</p> | <p>2 Cleaning Day</p> <p>8:30 Breakfast 10:30 Songbirds Choir (RH) 11:00 Move and Groove 12:00 Lunch 2:00 Cleaning Time 5:00 Dinner</p> | <p>3 Rosh Hashanah</p> <p>8:30 Breakfast 10:00 Rosh Hashanah Trivia 12:00 Lunch 1:00 Music with Danielle 1:1 2:30 Memorial Service (Erin) 5:00 Dinner</p> | <p>4</p> <p>8:30 Breakfast 10:30 Praying the Rosary 10:30 Hymn Sing 12:00 Lunch 5:00 Dinner</p> | <p>5</p> <p>8:30 Breakfast 10:00 Manicures 12:00 Lunch 2:00 For the Fun of Fit 3:00 Soothing Sensations 5:00 Dinner</p> |
| <p>6</p> <p>8:30 Breakfast 10:00 Friendly Visits 11:00 Church (Erin) 12:00 Lunch 2:00 Baking 5:00 Dinner 7:00 Hymn Sing</p> | <p>7. Mental Health Week</p> <p>8:30 Breakfast 11:00 Catholic Communion 12:00 Lunch 2:00 Plant Club 3:00 Circle of Friends 5:00 Dinner 6:30 Movie Night</p> | <p>8</p> <p>8:30 Breakfast 11:00 Move and Groove 12:00 Lunch 2:00 Stepping Out 2:30 Residents' Council 5:00 Dinner</p> | <p>9</p> <p>8:30 Breakfast 10:30 Songbirds Choir (LTC) 11:00 Move and Groove 12:00 Lunch 12:00 All rec meeting 5:00 Dinner</p> | <p>10</p> <p>8:30 Breakfast 10:00 Neighbourhood Time 11:00 For the Fun of Fit 12:00 Lunch 1:00 Music with Danielle 2:00 Express Yourself 5:00 Dinner</p> | <p>11</p> <p>8:30 Breakfast 10:00 Express Yourself 10:30 Hymn Sing 12:00 Lunch 2:30 Art with Sonal 3:00 Circle of Friends 5:00 Dinner</p> | <p>12 Yom Kippur</p> <p>8:30 Breakfast 12:00 Lunch 2:00 Manicures 3:00 Yom Kippur Story 5:00 Dinner 6:45 Entertainment with Brent (RH)</p> |
| <p>13</p> <p>8:30 Breakfast 11:00 Church (Erin) 12:00 Lunch 2:00 Making Thanksgiving Cards 5:00 Dinner 6:30 Aroma Therapy</p> | <p>14 Thanksgiving</p> <p>8:30 Breakfast 10:00 Greeting the Day 12:00 Lunch 2:00 Plant Club 5:00 Dinner 6:30 You and Me</p> | <p>15</p> <p>8:30 Breakfast 10:30 Aidan Purnell 11:00 Move and Groove 12:00 Lunch 2:00 Brains and Banter 5:00 Dinner</p> | <p>16</p> <p>8:30 Breakfast 10:30 Songbirds Choir (RH) 11:00 Move and Groove 12:00 Lunch 2:00 Fall Golf Cart Rides 5:00 Dinner</p> | <p>17</p> <p>8:30 Breakfast 10:00 Bird Visits 12:00 Lunch 1:00 Music with Danielle 1:1 2:00 Duet Bike 5:00 Dinner</p> | <p>18</p> <p>8:30 Breakfast 10:00 Neighbourhood Time 10:30 Hymn Sing 12:00 Lunch 2:00 Baking 2:30 Art with Sonal 5:00 Dinner</p> | <p>19</p> <p>8:30 Breakfast 10:00 You and Me 11:00 Golf Cart Rides 12:00 Lunch 2:00 For the Fun of Fit 3:00 Soothing Sensations 5:00 Dinner</p> |
| <p>20</p> <p>8:30 Breakfast 10:00 Friendly Visits 11:00 Church (Erin) 12:00 Lunch 2:00 Afternoon Movie with snacks 5:00 Dinner</p> | <p>21</p> <p>8:30 Breakfast 10:00 Art with Sonal 11:00 Catholic Communion 12:00 Lunch 2:30 Food Committee 5:00 Lunch 6:30 Circle of Friends</p> | <p>22</p> <p>8:30 Breakfast 10:00 Neighbourhood Time 11:00 Move and Groove 12:00 Lunch 2:00 In the kitchen 5:00 Dinner</p> | <p>23</p> <p>8:30 Breakfast 10:30 Songbirds Choir (LTC) 11:00 Move and Groove 12:00 Lunch 2:00 Halloween Decoration 5:00 Dinner</p> | <p>24</p> <p>8:30 Breakfast 10:00 Sing a long 12:00 Lunch 1:00 Music with Danielle 2:00 Birthday Social with R & S Country (café) 5:00 Dinner</p> | <p>25</p> <p>8:30 Breakfast 10:00 Friendly Visits 10:30 Hymn Sing 12:00 Lunch 2:00 Pasta Cooking 5:00 Dinner</p> | <p>26</p> <p>8:30 Breakfast 12:00 Lunch 2:00 Halloween Craft 3:00 Soothing Sensations 5:00 Dinner</p> |
| <p>27</p> <p>8:30 Breakfast 10:00 Neighbourhood Time 11:00 Church (Erin) 12:00 Lunch 2:00 Hand massage 5:00 Dinner</p> | <p>28</p> <p>8:30 Breakfast 10:00 Art with Sonal 12:00 Lunch 2:00 Halloween Decoration 3:00 Circle of Friends 5:00 Dinner 6:30 You and Me</p> | <p>29</p> <p>8:30 Breakfast 11:00 Move and Groove 12:00 Lunch 2:00 Halloween Baking 3:00 Treats Social 5:00 Dinner</p> | <p>30</p> <p>8:30 Breakfast 10:30 Songbirds Choir (LTC) 11:00 Move and Groove 12:00 Lunch 2:00 Halloween Bingo 5:00 Dinner</p> | <p>31 Halloween</p> <p>8:30 Breakfast 11:00 Brains and Banter 12:00 Lunch 1:00 Music with Danielle 1:1 2:00 Halloween Party (RH Café) 5:00 Dinner</p> | | |